



James 1:19-20 states 'be quick to listen, slow to speak, and slow to become angry'. Which of these is a challenge for you, why?

Pastor Joe listed three common excuses that create **conflict** and asked if these excuses would work anywhere else. Now that this has been pointed out, can you see areas in your marriage or relationships where you:

Don't feel like being nice.

Don't feel like forgiving.

Don't feel like working on the issues.

How could Proverbs 21:23 ('guard your words faithfully') become a discipline in your life? How will this bless your marriage and reduce conflicts?

How will you implement the two questions Pastor Joe said to ask ourselves: Should it be **said**? Should it be said **now**?

In what ways are 'mistakes waiting to happen' damaging in relationships? How does Jesus demonstrate the opposite of these?

Calling each other **names**.

Raising your **voice**.

Getting **historical**.

Absolute statements.

Jesus is described in Ephesians 4:32: kind, compassionate, and forgiving. How do you need the kindness, compassion or forgiveness of Jesus today? How will you show kindness, compassion or forgiveness to your spouse today?